

# NEED HELP? JUST ASK!



## Charles County Government EMPLOYEE ASSISTANCE PROGRAM

The Charles County Government Employee Assistance Program (EAP) is available to help you and your family if you encounter problems that can affect your job performance. Employee problems such as marital issues, job stress, grief, family or financial concerns, emotional or sexual abuse, depression, or chemical dependency can take their toll and often lead to fatigue, poor health, and impaired job performance. The EAP can assist you through individual intervention services, seminars, and workshops.

**An EAP service provider  
will return your call  
24 hours a day, 7 days a week**

All full time Charles County Government employees and their immediate family members living within the household are eligible for services.

FREE! The initial EAP assessment is free. Any follow on mental health services are typically covered by your private health insurance company.

CONFIDENTIAL! All information about your visit is held in strict confidentiality. Nothing is released without your written permission. An exception is if you pose a danger to yourself or others, or if you inform us about child or elderly abuse, confidentiality cannot be promised.

## The Pinnacle Center for Mental Health and Human Relations, LLC.

JOHN B. NORRIS, EAP COORDINATOR

603 Post Office Road, Suite 210  
Waldorf, MD 20602

(301) 752-8028  
jbn242@gmail.com